

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Verbeek Sem

Coaches: Vissers Ann HEADCOACH

PB => Personal Best time SB => Seasons Best time: Season starting point: first of September.

Event number: 1: 50M BACKSTROKE WOMEN 15-16		Heat:5, starttime: 09:06
Heat: 5/5 Lane : 5 Athlete: BOVEN AXELLE		Q-time: 00:32:41
PB (50m pool): 00:33.59 Antwerpen 27/07/2025		PB (25m pool): 00:32.41 SB: no time
	5 0 M	
PB	00:33.59	
	00:33.59	
		

Coach feedback:

Event number: 1: 50M BACKSTROKE WOMEN 15-16		Heat:5, starttime: 09:06
Heat: 5/5 Lane : 6 Athlete: MERTENS FEMKE		Q-time: 00:33:22
PB (50m pool): 00:38.89 Genk 10/04/2023		PB (25m pool): 00:41.16 SB: no time
	5 0 M	
PB	00:38.89	
	00:38.89	
		

Coach feedback:

Event number: 2: 50M BREASTSTROKE MEN 15-16		Heat:4, starttime: 09:10
Heat: 4/5 Lane : 8 Athlete: FEYEN AEDEN		Q-time: 00:38:36
PB (50m pool): no time		PB (25m pool): 00:38.36 SB: no time
	5 0 M	
PB	no time	
	no time	
		

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 3: 50M BUTTERFLY WOMEN 17+					Heat:4, starttime: 09:16	
Heat: 4/6 Lane : 2 Athlete: ERTVELDT KLAARTJE					Q-time: 00:32:32	
PB (50m pool): 00:33.21 SportinGenk Park 21/04/2025 PB (25m pool): 00:32.32 SB: no time						
	5 0 M					
PB	00:33.21					
	00:33.21					
						

Coach feedback:

Event number: 3: 50M BUTTERFLY WOMEN 17+					Heat:4, starttime: 09:16	
Heat: 4/6 Lane : 5 Athlete: MERTENS HELENA					Q-time: 00:31:95	
PB (50m pool): 00:34.40 Wezenberg Antwerpen 07/01/2024 PB (25m pool): 00:31.95 SB: no time						
	5 0 M					
PB	00:34.40					
	00:34.40					
						

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+					Heat:2, starttime: 09:20	
Heat: 2/5 Lane : 8 Athlete: LAEREMANS SEBASTIAAN					Q-time: 00:28:62	
PB (50m pool): 00:28.62 Wezenberg 05/01/2025 PB (25m pool): 00:28.68 SB: no time						
	5 0 M					
PB	00:28.62					
	00:28.62					
						

Coach feedback:

Event number: 4: 50M FREESTYLE MEN 17+					Heat:3, starttime: 09:21	
Heat: 3/5 Lane : 3 Athlete: BERTELS QUILLAN					Q-time: 00:26:59	
PB (50m pool): 00:27.74 Antwerp 02/02/2025						

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:4, starttime: 09:30
Heat: 4/7 Lane : 6 Athlete: DURT REINE			Q-time: 01:19:20
PB (50m pool): 01:24.57 Antwerp 28/01/2024			PB (25m pool): 01:19.20 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:24.57	
	no time		
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:6, starttime: 09:35
Heat: 6/7 Lane : 7 Athlete: BELLENS LORE			Q-time: 01:15:27
PB (50m pool): 01:17.65 Antwerp 26/01/2025			PB (25m pool): 01:14.11 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.63	01:17.65	
	00:37.63	00:40.02	
			

Coach feedback:

Event number: 5: 100M BACKSTROKE WOMEN 15-16			Heat:7, starttime: 09:37
Heat: 7/7 Lane : 1 Athlete: JANSSENS ELISABETH			Q-time: 01:11:82
PB (50m pool): 01:14.96 Antwerpen 21/07/2024			PB (25m pool): 01:11.23 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:14.96	
	no time		
			

Coach feedback:

Event number: 7: 100M BUTTERFLY WOMEN 17+			Heat:1, starttime: 09:50
Heat: 1/2 Lane : 5 Athlete: DIERCKX FEMKE			Q-time: 01:19:09
PB (50m pool): 01:22.82 Antwerpen 13/07/2025			PB (25m pool): 01:19.09 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.41	01:22.82	
	00:36.41	00:46.41	
			

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 8: 100M FREESTYLE MEN 17+			Heat:4, starttime: 09:59
Heat: 4/5 Lane : 2 Athlete: WOUTERS MAXIM			Q-time: 00:56:27
PB (50m pool): 00:57.79 Antwerpen 13/07/2025			PB (25m pool): 00:56.27 SB: no time
	5 0 M	1 0 0 M	
PB	00:27.32	00:57.79	
	00:27.32	00:30.47	
			

Coach feedback:

Event number: 9: 50M BREASTSTROKE WOMEN 15-16			Heat:5, starttime: 10:07
Heat: 5/6 Lane : 5 Athlete: MERTENS FEMKE			Q-time: 00:38:77
PB (50m pool): 00:38.77 Aalst 28/06/2025			PB (25m pool): 00:39.31 SB: no time
	5 0 M		
PB	00:38.77		
	00:38.77		
			

Coach feedback:

Event number: 10: 50M BUTTERFLY MEN 15-16			Heat:2, starttime: 10:11
Heat: 2/5 Lane : 1 Athlete: FEYEN AEDEN			Q-time: 00:36:19
PB (50m pool): 00:36.19 Antwerpen 13/07/2025			PB (25m pool): 00:36.43 SB: no time
	5 0 M		
PB	00:36.19		
	00:36.19		
			

Coach feedback:

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:1, starttime: 10:20
Heat: 1/6 Lane : 3 Athlete: WOUTERS MAXIM			Q-time: 99:99:99
PB (50m pool): 00:33.43 Antwerpen 05/01/2020			PB (25m pool): 00:33.02 SB: no time
	5 0 M		
PB	00:33.43		
	00:33.43		
			

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 12: 50M BACKSTROKE MEN 17+			Heat:5, starttime: 10:25
Heat: 5/6 Lane : 5 Athlete: LAEREMANS SEBASTIAAN			Q-time: 00:29:94
PB (50m pool): 00:31.99 Antwerpen 28/07/2024			PB (25m pool): 00:29.94 SB: no time
	5 0 M		
PB	00:31.99		
	00:31.99		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:5, starttime: 10:46
Heat: 5/6 Lane : 4 Athlete: JANSSENS ELISABETH			Q-time: 01:21:02
PB (50m pool): 01:21.30 Antwerpen 27/07/2025			PB (25m pool): 01:21.02 SB: no time
	5 0 M	1 0 0 M	
PB	00:37.96	01:21.30	
	00:37.96	00:43.34	
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:5, starttime: 10:46
Heat: 5/6 Lane : 5 Athlete: BELLENS LORE			Q-time: 01:21:15
PB (50m pool): 01:25.51 SportinGenk Park 11/11/2025			PB (25m pool): 01:22.27 SB: 01:25.51 SportinGenk Park 11/11/2025
	5 0 M	1 0 0 M	
PB	no time	01:25.51	
	no time		
			

Coach feedback:

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:6, starttime: 10:48
Heat: 6/6 Lane : 1 Athlete: DURT REINE			Q-time: 01:20:24
PB (50m pool): 01:21.19 Antwerpen 21/07/2024			PB (25m pool): 01:19.87 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:21.19	
	no time		
			

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 13: 100M BREASTSTROKE WOMEN 15-16			Heat:6, starttime: 10:48
Heat: 6/6 Lane : 5 Athlete: BOVEN AXELLE			Q-time: 01:14:85
PB (50m pool): 01:16.72 Antwerpen 27/07/2025			PB (25m pool): 01:14.85 SB: no time
	5 0 M	1 0 0 M	
PB	00:36.01	01:16.72	
	00:36.01	00:40.71	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:2, starttime: 11:02
Heat: 2/4 Lane : 7 Athlete: DIERCKX FEMKE			Q-time: 01:08:15
PB (50m pool): 01:10.23 Antwerp 04/02/2024			PB (25m pool): 01:08.15 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:10.23	
	no time		
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:3, starttime: 11:04
Heat: 3/4 Lane : 8 Athlete: ERTVELDT KLAARTJE			Q-time: 01:05:60
PB (50m pool): 01:07.47 SportinGenk Park 21/04/2025			PB (25m pool): 01:05.60 SB: no time
	5 0 M	1 0 0 M	
PB	00:32.21	01:07.47	
	00:32.21	00:35.26	
			

Coach feedback:

Event number: 15: 100M FREESTYLE WOMEN 17+			Heat:4, starttime: 11:06
Heat: 4/4 Lane : 1 Athlete: MERTENS HELENA			Q-time: 01:00:41
PB (50m pool): 01:01.70 SportinGenk Park 21/04/2025			PB (25m pool): 01:00.41 SB: no time
	5 0 M	1 0 0 M	
PB	00:30.12	01:01.70	
	00:30.12	00:31.58	
			

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 16: 100M BACKSTROKE MEN 17+			Heat:1, starttime: 11:07
Heat: 1/4 Lane : 3 Athlete: BERTELS QUILLAN			Q-time: 99:99:99
PB (50m pool): 01:13.30 ANTWERPEN 23/07/2023			PB (25m pool): 01:09.82 SB: no time
	5 0 M	1 0 0 M	
PB	no time	01:13.30	
	no time		
			

Coach feedback:

Event number: 17: 50M BUTTERFLY WOMEN 15-16			Heat:7, starttime: 11:22
Heat: 7/8 Lane : 3 Athlete: MERTENS FEMKE			Q-time: 00:31:89
PB (50m pool): 00:35.62 Genk 10/04/2023			PB (25m pool): 00:31.89 SB: no time
	5 0 M		
PB	00:35.62		
	00:35.62		
			

Coach feedback:

Event number: 18: 50M BACKSTROKE MEN 15-16			Heat:2, starttime: 11:25
Heat: 2/4 Lane : 6 Athlete: FEYEN AEDEN			Q-time: 00:39:00
PB (50m pool): 00:40.06 SportinGenk Park 21/04/2025			PB (25m pool): 00:39.00 SB: no time
	5 0 M		
PB	00:40.06		
	00:40.06		
			

Coach feedback:

Event number: 20: 50M BREASTSTROKE MEN 17+			Heat:1, starttime: 11:36
Heat: 1/6 Lane : 1 Athlete: WOUTERS MAXIM			Q-time: 99:99:99
PB (50m pool): 00:39.21 Antwerpen 05/01/2020			PB (25m pool): 00:37.66 SB: no time
	5 0 M		
PB	00:39.21		
	00:39.21		
			

Coach feedback:

Pepermans 2026: Session: 1: COACH evaluation sheet for TEAM: SHARK

Event number: 20: 50M BREASTSTROKE MEN 17+		Heat:3, starttime: 11:38
Heat: 3/6 Lane : 7 Athlete: LAEREMANS SEBASTIAAN		Q-time: 00:35:90
PB (50m pool): 00:37.79 SportinGenk Park 21/04/2025 PB (25m pool): 00:35.90 SB: no time		
	5 0 M	
PB	00:37.79	
	00:37.79	
		

Coach feedback: